Health without medicines

India-based non-profit organisation SHARAN is driven by the belief that all life on the planet is interconnected, and by reconnecting we can heal ourselves and the Earth. Apart from working towards general good health, its programmes help you reverse a number of lifestyle diseases and even get off medications completely. Two of these will be hosted in Dubai this month.

Dr Nandita Shah is a registered medical doctor, specialised in homeopathy. She was brought up as a vegetarian and her vegan journey began in 1985 because of ethical issues. One of the turning points was Dean Ornish’s book Reversing Heart Disease. Ornish conducted long-term studies where patients were able to reverse their need for bypass surgery on an almost plant-based diet.

“One became a doctor to reduce suffering and when I became aware of the tremendous suffering that we inflict on fellow creatures used for food, I had to make the connection,” says Dr. Shah.

In 1999 she moved to Auroville, an international township in the Indian state of Tamil Nadu, devoted to an experiment in human unity. It was also an opportunity to be in nature and closer to animals. After experiencing changes in her own health through a whole plant-based diet, and the health of several serious patients it became clear that treating with only good food was not only faster and more consistent in reversing diseases than homeopathy, but also less subjective.

Dr. Shah also did an internship at Farm Sanctuary in New York to learn more about farm animals and their relation to us. This was an inspiration to start SHARAN.

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EATING WHAT NATURE PLANNED FOR US

“If we eat the food nature planned for us to eat its easy to steer clear of diseases,” says Dr. Shah. “This means whole, unrefined, natural, plant-based foods will help us keep the doctor away life long.

A whole vegan diet is the pivot of SHARAN’s health programmes. With its densely packed nutrients and fibre, and lack of cholesterol, the vegan diet improves health, and even allows people to wean themselves off prescription medications.

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In developed countries most people with diabetes are around the age of retirement, whereas in developing countries those most frequently affected are aged between 35 and 64.

Featuring: Dr. Nandita Shah

Dr. Nandita Shah will be conducting two workshops in Dubai this month.

Friday, October 23: Reversing Diabetes and Hypertension seminar

Saturday, October 24: Eat Well Weigh Less

Timing: 9.00am to 5.30pm

Venue: The Balance Cafe, Oasis Centre

For more information, call Mitsu Bhatia on 055 9803132.

Read about SHARAN’s health programmes on the next page.
SHARAN’s Health Programmes

1. DIABETES REVERSAL
If you have been told by your doctor that diabetes is irreversible and that you will have to take medications all your life, this programme will tell you how thousands of people have successfully come off medications and got their health back. This one-day seminar is based on scientific evidence and gives you practical guidelines about the best way to eat in order to re-create health. The disease reversal recommendations involve dietary and lifestyle changes only. They involve no medicines or drugs other than those prescribed by your doctor. You are likely to lose weight with the programme, especially if you are overweight to begin with.

2. HYPERTENSION REVERSAL
The programme for hypertension and heart disease reversal is based on the research of Dr. Dean Ornish. The disease reversal recommendations involve dietary and lifestyle changes only. The primary programme for hypertension reversal is a one-day seminar and it has enabled hundreds of people to successfully reverse their hypertension and coronary disease, claims SHARAN.

3. WEIGHT RELEASE
Excess weight is often a precursor to many health and lifestyle diseases like diabetes, hypertension, heart disease, etc. It is best to work on resolving the weight issue first and prevent any other complications that may occur as a result. SHARAN takes a holistic view of excess weight and addresses it from several angles such as changing your beliefs and knowledge to being more fact-based and holistic; managing emotional eating and negative thought processes; and getting in touch with your body’s intuitive wisdom and learning to listen to it. You are taught: mindful eating, hunger awareness, balancing indiscretions, understanding packaging labels, developing healthy habits, dealing with cravings and irregular schedules.

4. PEAS VS. PILLS
This workshop is designed and presented by Dr. Shah to help you reclaim responsibility for your own health and prevent and reverse illness, through the understanding of human anatomy physiology and nature’s laws. You will learn to listen to your body and respond accordingly.

SHARAN also offers holistic nutrition consultations in person and via Skype/phone. Anyone who is interested in preventing diseases, reversing diseases or leading a healthy lifestyle can avail of them whether you have attended one of these seminars or not. For more information, go to www.sharan-india.org.

SHARAN UAE SUPPORT GROUP
This support group is open to everyone in the UAE who has attended any of Dr. Nandita Shah’s programmes. It strives to lend guidance and support to those who wish to follow the whole plant-based lifestyle that Dr. Shah prescribes. Its first workshop was on Micro-greens, hosted by Jerold Abraham, a physiotherapist who is passionate about growing greens at home. The following workshop was by Katja Dammann, a nutritionist, who led a talk cum breakfast session on health and fitness. In the pipeline are farm visits, cooking classes, screenings of health films, potlucks and more.